



HERITAGE·CENTER

NEWSLETTER

May/June
2013

A RECREATION CENTER FUNDED AND OPERATED BY MURRAY CITY DEDICATED TO ENHANCING THE QUALITY OF LIFE FOR ADULTS AGE 55+.

Services Offered

- Arts & Crafts
 - Cultural Programs
 - Daily Lunch
 - Education
 - Exercise
 - Health Services
 - Information & Referral
 - Recreation
 - Socialization
 - Transportation
 - Travel
 - Volunteer Opportunities
- Open Monday
through Friday
8:00-4:30
Thursday
8:00-10:00

Upcoming Special Events



National Senior Health & Fitness Day Wednesday, May 29

Fitness Walk - 9:00, Vendors & Screenings 10-11:30,
Guest Speaker Dr. David Sundwall 11:30
Free Lunch at noon - registration required

A special thanks to our sponsor - Select Health

See article on page 4.



Backyard Family Concert Monday, June 10 - 7:00 p.m.

Entertainment by the Mixed Nuts - Free for all ages
The Center will open again at 6:00 p.m. for the event

See article on page 3.

Father's Day Car Show Friday, June 14 - 11:00-2:00

\$1.00 Hot Dog Lunch

Hot Dogs compliments of R.C. Willey - see article on page 15.



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INSIDE THIS ISSUE ARE DESCRIPTIONS OF UPCOMING PROGRAMS, CLASSES, AND SERVICES.
KEEP THIS COPY AS A REFERENCE FOR YOURSELF AND OTHERS. ONE COPY PER FAMILY PLEASE.

DONATIONS TO HELP COVER THE COST OF THIS NEWSLETTER ARE APPRECIATED.

Advertisements

The Heritage Newsletter accepts sponsors who are eager to convey their message to our audience and to support production of this publication. Camera-ready copy is required and must be received by the 10th of the month preceding publication.

Rates, based on a one issue insert:

\$200 full page

\$250 back page

\$100 half page

\$50 1/4 page

\$25 1/8 page

Multi-issue discounts are available. Request a rate card by calling or writing the Center:

Heritage Center
#10 E. 6150 S.

Murray UT 84107

801-264-2635

fax 801-284-4233

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Personal notices are charged the rate of 50¢ per line per issue.

♦♦♦

Special Accommodations

Persons needing special accommodations to participate in activities at the Center are requested to inquire at the front desk. The Center will make every effort to assist hearing, vision, or physically impaired participants if notified at least three working days in advance of the need. ♦

Heritage Newsletter

This newsletter is produced monthly by the Heritage Center staff and is available to center participants. The Heritage Center is funded and operated by Murray City.

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Chief of Staff

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DOUG HILL

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♦♦♦

Heritage Center Staff:

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CALLI JOHNSON

Meals Assistant

SHARLET JOHNSON

Kitchen Helper

ERIC FREDRICKSON

Custodian

DON SMITH

Vehicle Driver

ROBERT HIMES

LEE CROSBY

Building Attendant

PETE WRIGHT

♦♦♦

Heritage Advisory Board

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KATHY HOUSTON, JO HARRIS,

SHIRLEY MEIER, ERICH MILLE,

ROBERT MILLARD, GREG WALDRON

ROD YOUNG

Newsletter Cost

The suggested donation for this publication is 75¢. Subscriptions are available for \$18 per year and mailed to your home. ♦

Notary Available



Susan Gregory, Heritage Director, is a Notary and available to sign documents that need to be notarized. Susan is not always available so appointments are encouraged. ♦

Copies

You can get a copy made at the front desk for 10¢ per page. Copies are limited to 10. ♦

Gifts

Gift certificates are available for any program offered at the Center. A one day notice is needed for gift certificates. If your son, daughter, grandchildren, or friends don't know what to give you for your birthday, suggest a gift certificate, a credit on your Heritage account, or a week's supply of lunch coupons. ♦

Credit Cards



The Heritage Center accepts all major credit cards for activity payments at the Center. Credit cards may be used to make reservations for classes and activities over the phone or in person. ♦

COMPUTERS...COMPUTERS...COMPUTERS..

Computers

The computer lab has 7 personal computers with Windows 7, Microsoft Word Starter and Internet access. The Center also has wireless Internet in the building. The instructor computer has the program R/C Flight Simulator installed for the flying enthusiast. A webcam is available to check out at the front desk and is used for calling friends and family on SKYPE. See Susan if you want to learn how to use the webcam.

Computers are available any time a class is not being held. There is no charge to use the computers but printing is 5¢ per page.

Classes are set based on interest. Interest sheets are available at the front desk. Group as well as private lessons are offered. Private lessons are a great way to have your individual needs addressed. Private lessons are only intended to address issues with a program you currently use, not to teach you a new program. For example, it takes more than one lesson if you've never used a computer or if you want to learn a specific program such as email, excel, or facebook. So only sign up for a private lesson if you have specific concerns about your computer or a program you use or if you'd like to have the instructor show you what a certain program could do. Sign up for group classes when you'd like to learn a specific program or the basics about a computer. Sign the interest sheet at the front desk if you'd like a group class on subjects such as Computer Basics, Internet, Email, Excel, Facebook Photo touch up or others. Group lessons are 3-5 sessions long.

Private lessons cost \$3 for 1 hour and are available on the following days: Monday morning with Calli or Susan, Tuesday at 12:30 or 1:30 with Rylee, Wednesday at 10:00 or 11:00 with Carolyn. Glen is also in the Computer room on Fridays from 9:30-11:30 to answer questions (free). Karl Molander is available for genealogy lessons and scheduled as needed.

The Center is looking for a volunteer to maintain the Heritage Center Facebook page - see Susan if interested. ♦

Heritage Newsletter emailed monthly

If you would like to receive the Heritage Center newsletter each month, make sure the front desk has your current email address. You can also view the newsletter on-line at the City website - www.murray.utah.gov. When you get onto the website, go to the Departments - select Heritage and you'll find present and past editions of the newsletter.

If you don't have an email address or don't know how to use the internet, consider signing up for a basic computer class. Let the Heritage Center help you become computer savvy!

MISC...MISC...MISC...

Monday, June 10

Family Concerts

The family concerts will be starting in the backyard of the Center on **Monday, June 10** featuring the music of the *Mixed Nuts*.

The Mixed Nuts is a group of musician playing the hits from the 40s and 50s.

The concerts are free and all ages are welcome. Invite family and friends to enjoy an evening of great entertainment sponsored by the Murray Cultural Arts program. Bring a picnic dinner if you'd like, the Center will open back up again at 6:00 p.m. (the Center will close from 4:30-6:00).

Summer Concert Schedule

June 10

Mixed Nuts

July 18

Polkatonics

August 12

Top Brass

September 9

Great Basin Street Band

Thursday, May 16 or June 20 - 3:30

Want to Jam?

Bring your instrument on the 3rd Thursday of the month and play your favorite tunes with others at 3:30. Join in the fun on Thursday, May 16 or Thursday, June 20. Informal and all types of instruments are welcome. ♦



HEALTH SERVICES...HEALTH SERVICES...HEALTH SERVICES...HEALTH

Upcoming Clinics

Blood Pressure/Glucose Checks

Thursday, May 2 - 11:00 - 12:00

Thursday, May 16 - 11:00 - 12:00

Thursday, June 6 - 11:00 - 12:00

Thursday, June 20 - 11:00 - 12:00

Blood Testing

Wednesday, May 29 - 9:00

Health & Fitness Fair

Wednesday, May 29 - 9:00-12:00

Toenail Clippings

Thursday, June 20 - 9:30-11:30

Thank You

A special thanks to Harmony Home Health & Hospice, for providing the blood pressure and glucose checks on the 1st Thursday of each month. The service is held the 1st and 3rd Thursday of every month from 11:00-12:00 in the lobby. ♦

Thursday, June 20 - 9:30-11:30

Podiatrist

Dr. Scott Sheldon, a local Podiatrist, will be at the Center on **Thursday, June 20, from 9:30-11:30** to provide toenail clippings and routine foot screenings. *Dr. Sheldon is unable to provide services for people who are diabetic or on blood thinners.*

The **cost is \$10 and payment is required when making your appointment.** Sign up now at the front desk for this service. ♦

"Think Healthy, Eat Healthy, Act Healthy...Be Healthy!"

National Senior Health & Fitness Day - May 29

Come join the Heritage Center on **Wednesday, May 29** for a free morning of activities including: a free lunch sponsored by Select Health, a fitness walk, vendors, and exercise demonstrations. 100,000 older adults will participate in activities at more than 1,000 locations throughout the U.S.

on Wednesday, May 29, 2013 when they share the theme of "Think Healthy, Eat Healthy, Act Healthy...Be Healthy!" Join in the activities at the Heritage Center as we celebrate National Senior Health & Fitness Day.

Schedule of Events:

9:00-10:00 - 1 or 2 mile walk. Mayor Snarr will lead the walkers to start your morning off right with exercise. The walk will depart from the Center. You choose how long and how far you'd like to walk and then enjoy a free continental breakfast back at the Center. *Thank you Costco.*

10:00-11:30 - Screenings & Vendors. Some of the screenings include: Blood Testing, Hearing, Skin Cancer, Medication Check Up (bring medication list), Tosh Osteoarthritis Program, Dietician.

11:30- Guest Speaker - Dr. David Sundwall (see article on page 6)

12:00 - Lunch - Turkey Sandwich, Baked Chips, Fruit Cup, Cookie.

Thank you to Select Health for providing the FREE lunch. Advance registration is needed for lunch, sign up now.

A special thanks to vendors providing information and/or screenings: *Dr. Roland Abundo, TOSH Orthopedics, Dr. Rolfe Horsley, IHC Laboratory, Costco, Community Nursing Services, and The Master's Program Senior Services.* ♦

Wednesday, May 29 - 9:00

Blood Testing

Blood testing is scheduled for **Wednesday, May 29 from 9:00-11:00** appointments are needed. The cost is \$35 for a comprehensive Metabolic Panel, Lipid Profile, & Complete Blood Count, \$15 additional for a Prostate, or Thyroid test. **Fasting is required.** Diabetics get preference for early appointments. Appointments are made starting May 8. Make payment to IHC the day of testing. ♦

Wednesday, May 29 - 10:00-11:30

Depression Screening

The Masters Program Senior Services from Valley Mental Health will be at the Center on **Wednesday, May 29 from 10:00-11:30** to offer screenings, education, and information about mental health.

The **Geriatric Depression Scale** rates feelings of sadness, hopelessness, low energy, appetite or sleeping problems. The **Montreal Cognitive Assessment** screens for attention, orientation, memory and problem solving skills. ♦



EXERCISE...EXERCISE...EXERCISE...EXERCISE...EXERCISE...EXERCISE

NIA

Mondays

9:00 - 10:00

\$10 per month, punch pass, or \$3

STRENGTH CONDITIONING

Mondays & Thursdays

2:00-3:00

\$15 per month, punch pass, or \$3

STRETCH & TONE

Tuesdays & Thursdays

9:00-10:00

\$15 per month, punch pass, or \$3

TAI CHI

Tuesdays & Thursdays

10:30 - 11:30

\$15 per month, punch pass or \$3

LINE DANCING

Tuesday Everyone

10:15-11:45

Tuesday Beginners

2:00-3:00

\$1.50 per class

CHAIR A-ROBICS

Wednesdays and Fridays

11:15-11:45 Free

YOGA

Wednesdays & Fridays

10:00-11:00

\$15 per month, punch pass, or \$3

ZUMBA

Fridays

9:00-10:00

\$10 per month, punch pass, or \$3

OPEN EXERCISE ROOM

Open for use daily

\$5 per month or \$1 per visit

Treadmill, Recumbent Bike, Hand & Leg Weights, Weight Machine.

Total Fitness Pass \$30 per month - unlimited classes & exercise room.

Monthly Pass and 100% Attendance Challenge

Special Monthly Total Fitness Pass

The Center would like to help you with your exercise goals. Two new programs are being offered.

#1 - Monthly Fitness Pass - \$30 a month for all exercise classes plus the fitness room.

#2 - Take the 100% exercise challenge. If you attend a twice a week class 100% of the time for one month, you receive a \$5 off coupon to use another month. Classes that are eligible for the 100% challenge:

Monday **NIA** & Friday **Zumba** (attend both classes each week)

Monday & Thursday **Strength** / Tuesday & Thursday **Stretch & Tone**

Tuesday & Thursday **Tai Chi** / Wednesday & Friday **Yoga**

How do you participate in the challenge? You must make sure you SCAN in each morning and also have the front desk record you are here on the class roll sheet. You may not combine different classes (except NIA/Zumba). ♦

Tuesdays & Thursdays - 12:30

U of U Exercise & Sports Volunteers

A group of U of U Exercise & Sports Students will be in the exercise room every **Tuesday & Thursday, from 12:30-2:00 starting Tuesday, May 21.** They will be available to help you get the machines started, support your exercise program, and answer any questions.

The students are also offering a balance class during this time period, which will meet in the East Conference room beginning at 1:00.

You will find a sign-up sheet in the exercise room for one-on-one exercise assistance. List the time you want to meet with the students and they will assist you in meeting your exercise goals. Sign up is only required for one-on-one assistance, everyone is welcome to meet with the students to jump start their exercise program with the help they need!

The students can help you improve your fitness level, increase your endurance, balance, & stretching abilities. This is a great program, even if you are not used to exercising, these students will lead you through the most basic exercises. It is also a great way to meet new friends at the Center, exchange different exercise ideas, and just have fun!

The exercise room cost is \$5 a month or \$1 a day and participants need to sign a waiver form. Payment and forms at front desk. ♦

CLASSES...CLASSES...CLASSES...CLASSES...CLASSES...CLASSES

Monday, May 6 & May 13

Freezer Meals for One

On **Monday, May 6 & Monday, May 13 from 11:00-12:30**, Calli will offer a Freezer Meals for One class. Join her in the kitchen to prepare and package freezer meals for one. It's easy to eat healthy when you have a meal packaged and ready to heat. You will prepare 8 healthy entrees to freeze for your convenience. The cost is \$20 and you take home 8 freezer meals, recipes, and tips. Class is limited. Sign up now. ♦

Friday, May 10- 9:00-10:30

Spanish Class

A six - week conversational Spanish class for anyone wanting to improve their Spanish skills begins **Friday, May 10 at 9:00** and will run through **June 14**. **Cost of the class is \$25**. New and advanced students are welcome! Edie Andrew, an experienced Spanish teacher, can work with all different levels of students so do not fear that your skills are too limited or too advanced. Purchase your Spanish book (\$11) when you register. ♦

Craft Day - Tuesdays

A small group of the students from past craft classes continue to meet on **Tuesday** afternoons at **12:45** to share their skills and knowledge of crafts and chat about things that are important in their lives. Newcomers are welcome. Bring your projects to share. ♦

Thursday, May 9 - 10:00-2:00

Shredding Event

The Department of Aging and Adult Services is offering free document shredding to seniors on **Thursday, May 9 at 10:00 - 2:00**.

The shredding company is one that DAAS works with and have utilized many times in the past. They are safe and reputable. Items will be shredded in the parking lot.

NEVER SHRED--Marriage, birth, death, or divorce certificates, power of attorney, social security reports, medical records, or any document that cannot be replaced.

Thank you to Salt Lake Aging for helping with this service. ♦

Monday, May 20 or June 24 - 9:30

Driver's Safety Class

The Driver Safety Class will be held **Monday, May 20 or Monday, June 24 from 9:30 -2:00**. Sign up now at the front desk.

This **AARP** driving class, taught by a volunteer instructor from the American Association of Retired Persons, is 4.5 hours of classroom instruction that helps redefine existing skills and develop safe, defensive driving techniques.

The cost of this class is \$12 for AARP members and \$14 for everyone else. The instructor will collect the fees at the start of the class. Bring your AARP membership card and valid driver's license. If time allows, a safety check of each participant's car will be conducted. ♦

Tuesdays & Thursdays 8:30 -12:00

Ceramics

The ceramic class operates on **Tuesdays and Thursdays from 8:30 to Noon** and contains all the supplies and equipment you will need to produce knickknacks, works of art, and functional pieces such as plates and bowls. The instructor, Cindy Mangone, has information for the beginner to advanced student. The cost to participate is \$1 each time you attend plus supplies. ♦

Wednesday, May 29, 11:30

Dr. David Sundwall

The Center is pleased to announce that **Dr. David Sundwall** will be our guest speaker for the National Senior Health & Fitness Day on Monday, May 29. He will speak before the free lunch at 11:30. Reservations are needed for the lunch sponsored by Select Health.

Dr. Sundwall, is a Professor of Public Health (clinical) at the University of Utah School of Medicine, Division of Public Health, where he has been a faculty member since 1978. He served as Executive Director of the Utah Department of Health and Commissioner of Health for the State of Utah, from 2005 through 2010.

Dr. Sundwall, would like to share his thoughts about exercise and how it benefits all of us. He enjoys hiking in our local mountains, camping, backpacking, walking, and so much more. ♦

CLASSES...CLASSES...CLASSES...CLASSES...CLASSES...CLASSES

Monday, June 3 - 1:00-3:30

Holiday Block Class

On **Monday, June 3** from **1:00-3:30**, Calli will be leading a craft class in making holiday blocks with the Cricut machine. You will make blocks that can be used as decorations for four holidays. The cost is \$10. Sign up now. Space is limited to 10. ♦

Tuesday, June 4 - 1:00

Navigating Your Rights

On **Tuesday, June 4 at 1:00** Jileene Gunther, MSW, JD, will be at the Center to discuss her book, "*Navigating Your Rights*". This practical-straight-talk book navigates you through legal topics which are important to those 55+ and older living in Utah. This book guides you to the right information for the right situation.

Some of the highlights from her book:

- Avoid scams
- Navigate Social Security
- Grandparent visitation rights
- Prepare a will
- Get the most out of benefits
- Choose a quality long-term care facility
- Determine when you do and do not need an attorney
- Protect yourself against financial exploitation
- Find out what Medicare does and does not cover...and much more!

Sign up now for this free class. ♦

Tuesday, June 11 - 10:30

Memory Presentation

On **Tuesday, June 11 at 10:30**



Kay Simons from the Intermountain Senior Clinic will be here at the

Center to discuss issues involving memory concerns.

Are you worried about your memory or about the memory of someone else you love? Come to a fun interactive class taught by a social worker from the Intermountain Senior Clinic to get information about important tips for keeping your memory sharp and play mind-stimulating games. Take an inventory to see how you are caring for your brain. Learn about resources in the community that are available to help if you or a loved one is suffering from memory loss. ♦

Wednesday, June 26 - 10:30

Medicare Changes - Wed., June 26 - 10:30

How will durable medical equipment, prosthetics and orthotic supplies under Medicare be affected?

Join us at the Salt Lake County Government Center (2001 S State St. - North Building Council Chambers) on **Wednesday, June 26 at 10:30** and find out!

On **June 26**, two Region VIII Health Insurance Specialists from the Centers for Medicare and Medicaid Specialists will be in Salt Lake City to discuss some of the changes as it relates to benefits for durable medical equipment, prosthetic and orthotics supplies.

This is the only opportunity for Utah Medicare recipients to learn about these changes from the experts!

RSVP is requested by June 12, 2013. Call Jean Alvy at 385-468-3217 or email: jalvey@slco.org. ♦

Saturday, June 22 - 8:00-1:00

Yard Sale

Breakfast, Entertainment, and a Yard Sale is scheduled for **Saturday, June 22 from 8:00-1:00**. Enjoy a pancake breakfast and entertainment in the backyard and then shop for treasures! All proceeds from the sale will go to programs and services offered at the Center. Invite family & friends. More details in the June supplement.

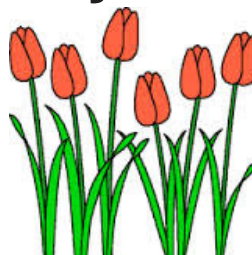
Do your spring cleaning and bring items anytime starting May 28. Clean and working items are requested. **NO** tube TV's, VCR players, or old computer monitors please and only coats, jackets, and new clothes you've never worn. We are looking for your "best" yard sale items - thank you! Volunteers are also needed, sign up at the front desk. ♦



MONDAY

TUESDAY

May 2013



Heritage Center Events

Heritage Center

#10 E. 6150 S.
(west of State Street)
801-264-2635
www.murray.utah.gov
heritage@murray.utah.gov

we are here to serve you

Monday-Friday

8:00-4:30 and

Thursday until 10:00 PM

8:00 Glenmoor Golf
9:00 NIA
9:30 IMC Quilters
11:00 Freezer Meals
1:00 Bridge
1:00 Movie
2:00 Strength Conditioning

6

8:30 Ceramics
9:00 Stretch / Haircuts
10:15 Line Dancing
10:30 Tai Chi
11:00 Canasta
12:00 Lunch
12:45 Crafts
2:00 Beginners Line Dancing

7

9:00 NIA
9:30 IMC Quilters
11:00 Freezer Meals
1:00 Bridge
1:00 Movie
2:00 Strength Conditioning

13

8:30 Ceramics
9:00 Stretch / Haircuts
10:15 Line Dancing
10:30 Tai Chi
11:00 Canasta
12:00 Lunch
12:45 Crafts
2:00 Beginners Line Dancing

14

8:00 Murray Parkway Golf
9:00 NIA
9:30 AARP Driver's Safety
9:30 IMC Quilters
1:00 Bridge
1:00 Movie
2:00 Strength Conditioning

20

8:30 Ceramics
9:00 Stretch / Haircuts
10:15 Line Dancing
10:30 Tai Chi
11:00 Canasta
12:00 Lunch
12:30 Exercise Help
12:45 Crafts
2:00 Beginners Line Dancing

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**Center Closed
Memorial Day**

27

8:30 Ceramics
9:00 Stretch / Haircuts
10:15 Line Dancing
10:30 Tai Chi
11:00 Canasta
12:00 Lunch
12:30 Exercise Help
12:45 Crafts
2:00 Beginners Line Dancing

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WEDNESDAY		THURSDAY		FRIDAY	
1		2		3	
9:00	Painting	8:30	Ceramics	9:00	Zumba
9:15	Pinochle	9:00	Stretch & Tone	9:00	Spanish
10:00	Yoga	10:30	Tai Chi	9:30	Computer Help
11:15	Chair A'Robics	11:00	Blood Pressure/Glucose	10:00	Yoga
12:00	Birthday/Lunch	12:00	Lunch	11:15	Chair A'Robics
12:45	Bingo	12:30	Mexican Train	11:45	Massage
1:00	Bridge	12:45	Happy Hatters	12:00	Lunch
1:00	Wii Wednesday	1:00	Square Dancing	12:45	Bingo
		2:00	Strength Conditioning	1:00	Bridge
		5:15	Weight Watchers		
		7:00	Dance		
8		9		10	
8:00	Cnty. Pool Tourney	8:30	Ceramics	9:00	Zumba
9:00	Painting	9:00	Stretch & Tone	9:00	Spanish
9:15	Pinochle	10:00	Shredding Day	9:30	Computer Help
10:00	Yoga	10:30	Tai Chi	10:00	Yoga
10:30	Hale Center Theater	11:30	Mother's Day Tea	10:00	Tijuana Trip Presentation
11:00	Attorney	12:30	Mexican Train	11:15	Chair A'Robics
11:15	Chair A'Robics	1:00	NO Square Dancing	11:45	Massage
12:00	Lunch	2:00	Strength Conditioning	12:00	Lunch
12:45	Bingo	5:15	Weight Watchers	12:45	Special Bingo
1:00	Bridge/ Wii Wednesday	7:00	Dance	1:00	Bridge
		7:00	UTE RC		
15		16		17	
9:00	Painting	8:30	Ceramics	9:00	Zumba
9:15	Pinochle	9:00	Stretch & Tone	9:00	Spanish
10:00	Yoga	10:30	Tai Chi	9:30	Computer Help
11:15	Chair A'Robics	11:00	Blood Pressure/Glucose	10:00	Yoga
12:00	Lunch	12:00	Lunch	11:15	Chair A'Robics
12:45	Bingo	12:30	Mexican Train	11:45	Massage
1:00	Bridge	12:45	Happy Hatters	12:00	Lunch
1:00	Wii Wednesday	1:00	Square Dancing	12:45	Bingo
		2:00	Strength Conditioning	1:00	Bridge
		5:15	Weight Watchers		
		7:00	Dance		
22		23		24	
9:00	Painting	8:30	Ceramics	9:00	Zumba
9:15	Pinochle	9:00	Stretch & Tone	9:00	Spanish
10:00	Yoga	10:30	Tai Chi	9:30	Computer Help
11:15	Chair A'Robics	12:00	Lunch	10:00	Yoga
12:00	Lunch	12:30	Mexican Train/Exercise	11:15	Chair A'Robics
12:45	Bingo	1:00	Square Dancing	11:45	Massage
1:00	Bridge	2:00	Strength Conditioning	12:00	Lunch
1:00	Wii Wednesday	5:15	Weight Watchers	12:45	Bingo
		7:00	Dance	1:00	Bridge
29		30		31	
9:00	Fitness Day Walk	8:30	Ceramics	9:00	Zumba
9:00	Blood Testing	9:00	Stretch & Tone	9:00	Spanish
10:00 Health & Fitness Fair		10:00	Natural History Museum	9:30	Computer Help
10:00	Yoga	10:30	Tai Chi	10:00	Yoga
11:15	No Chair A' Robics	12:00	Lunch	11:15	Chair A'Robics
11:30	Guest Speaker	12:30	Mexican Train/Exercise	11:45	Massage
12:00	Lunch	1:00	Square Dancing	12:00	Lunch
12:45	Bingo	2:00	Strength Conditioning	12:45	Bingo
1:00	Bridge/ Wii Wednesday	7:00	Dance	1:00	Bridge
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RECREATION...RECREATION...RECREATION...RECREATION...RECRE

Billiards and Indoor Shuffleboard



Pool tables, indoor Shuffleboard, and table tennis are provided for your recreational enjoyment during the Center's hours of operation. Visit the pool room at the east end of the building where this equipment is located. ♦

Pinochle - Wednesdays at 9:15



Pinochle tournaments are held on **Wednesday** mornings at 9:15 am. Players must check in no later than 9:00. No advance sign-up is required. The cost is \$2 and is paid tournament day. Copies of tournament rules are posted on the bulletin board. ♦

Bridge - Mon., Wed. & Fri. at 1:00

Informal Bridge play (Chicago/Party) is held on **Monday, Wednesday** and **Friday** afternoons from 1:00-4:00. Some players arrive early to practice and start finding first-round partners. If an even number of players are not available when the play begins then the last person to arrive will be rotated in or three handed bridge will be played if needed. Copies of the bridge play guidelines are posted on the bulletin board in the card room. ♦

Canasta Games - Tuesdays 11:00 - 2:30



Canasta games are conducted on Tuesdays from 11 to 2:30 with a break at noon for the Center's lunch. Beginners are welcome, all games are free, and anyone can join in on the fun. ♦

Birthday Wednesday - Wed., May 1 & June 5

Celebrate your birthday on the first Wednesday of the month and you could win a free lunch. The lunch is on us if you're turning 60, 70, 80, 90... this month (just tell the person collecting the money you've hit a decade). ♦

Bingo - Wednesday & Friday at 12:45



Bingo is played every **Wednesday** and **Friday** immediately following lunch. Bingo is free and winners receive a \$5 gift certificate to Smith's Grocery or Village Inn Restaurant. Donations are appreciated and used to purchase the certificates and prizes for bingo days. A special *THANK YOU* to Village Inn for donating a pie each week for the elimination bingo game plus Memorial Mortuaries and Jenkins Soffe for their monthly bingo donations. ♦

Tuesdays 10:15 & 2:00

Line Dancing

Enjoy some great exercise, stimulate your brain, and meet friends. **Tuesdays at 10:15** for all dancers and **Tuesday** afternoon at **2:00** for Beginners. The cost is \$1.50 and is paid the day of class and placed in the box on the stage. The instructor is Shirlene Lundskog who dances with the Sandy Line Dance performing group. ♦

Thursdays 1:00-3:00

Square Dancing

Kick up your heels with Square Dance caller Don Carlton on Thursday afternoons from 1:00-3:00. The cost is \$1.50 per day and is paid when you arrive.

Don has been calling and conducting classes for more than 40 years. Bring a friend and give it a try. ♦

1st & 3rd Thursday at 12:45

Happy Hatters

The Heritage Center Red Hat Society chapter meetings are held on the **1st Thursday** each month at **12:45** to play BUNCO and Mexican Train and on the **3rd Thursday at 12:45** to play Hand & Foot. The next meetings are on Thurs., May 2, 16, June 6, 20. A special thanks to Maureen Ellison who will give up her position when a new queen bee is installed on May 16. ♦

RECREATION...RECREATION...RECREATION...RECREATION...RECRE

Mondays at 1:00 - FREE

Monday Movies

Monday movies are shown in the West Conference Room. Movies begin at 1:00 and the popcorn is free! Be in your seat by 1:00, bring a friend, and enjoy the show.

May 6 – **Playing For Keeps** 2012 – 113 minutes

May 13 – **Parental Guidance** 2012 – 105 minutes

May 20 – **Beast of the Southern Wild** 2012 – 93 minutes

June 3 – **Les Misérables** 2012 – 158 minutes

June 10 – **Argo** 2012 – 120 minutes (**Rated R for violence & language**)

June 17 – **The Hobbit** 2012 – 169 minutes

June 24 – **Lincoln** - 2012 - 150 minutes

Thursday, May 9 - 11:30

High Tea for Mothers

It is “High Tea” for tea! Join us **Thursday, May 9, for a very Special Mother’s Day High Tea at 11:30**. It’s time to dust off your best hat and come ready to party! Come together to celebrate all mothers.

The menu will include such cold delicacies as Cucumber Sandwiches on Wheat Bread, Chicken Salad Sandwiches on Croissants, Egg Salad Sandwiches on Light Rye Bread, Spinach Artichoke Phyllo Cups, Stuffed Mushrooms, Scones with Cream and Jam, Lemon Bars, Fruit Skewers with Dip, Teas, and Herb Lemonade.

A variety of flavored teas will be served with all the amenities, including fresh lemon wedges, honey, and sugar cubes. Cynthia Douglass, a local harp player, will entertain throughout the High Tea.

Please bring your favorite tea cup and, if you would like, additional cups to share with your friends.

Tea and food will be served family style to every table, so get a group of friends together and reserve your table. Reservations are required and you can choose where you would like to sit when you make the reservation. Each table seats 8 people and all or part of a table may be reserved. Cost for this event will be **\$6.50 for tea and lunch**.

You may sign up and pay now at the front desk. ♦



The Brunch Café opens on Monday, June 17- 10:00-12:00

Outdoor Brunch Café - Mondays from 10:00-12:00



Starting on **Monday, June 17**, the Center will offer a “Brunch” every Monday on the patio from **10:00-12:00**. Come alone or bring your friends and enjoy brunch “Café Style”. The patio is a beautiful place to enjoy our visiting quail, flowers and morning breeze. Things are blooming on the patio and the ambience is magical.

You will be able to choose a complete meal or pick a la carte from the menu. Choose eggs any style, omelets, pancakes, waffles, toast, various meat items, hash browns, or the Chef specials. Beverages are complimentary with your order.

The Brunch Café will be different from the past patio breakfasts. You will meet your cashier out on the patio to fill out your order and pay. Then take a seat and a volunteer server will pick up your completed and paid order and take it to the kitchen. Calli and her team will get it ready and your server will bring it out to you at your table.

So stop by the patio and put in your order after your **Monday NIA class at 10:00**, or maybe it’s a great time to read the paper and catch up on the news before **Bridge**, or enjoy brunch for lunch before the movie, or how about just enjoying a meal with friends? See you on June 17.

We are looking for entertainers to provide music on the patio during the Brunch. If you’d like to volunteer to entertain or know of a fun group, see Maureen. ♦

RECREATION...RECREATION...RECREATION...RECREATION...RECRE

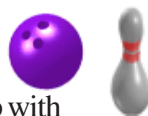
Golf season in full swing!

Golf tournaments are for those 55+ who have attained a basic level of golf skill allowing them to compete in 18 holes of play at a pace comparable to the 100 or more players who will participate in each tournament. Fees for each tournament include green fees, electric cart, and prizes. A one time registration fee of \$7 is to be paid when registering for the first tournament played. The data below reflects the date of play, shotgun start time, course to be played. All tournament fees must be paid at least 10 days in advance.

Upcoming Tournaments

5/6 - 8:00 Glenmoor \$39	6/24 - 8:00 Wasatch \$42
5/20 - 8:00 Murray Parkway \$40	7/15 - 7:30 Valley View \$43
6/10 - 7:30 Riverbend \$39	7/29 - 8:00 Round Valley \$43

Welcome to Wii Wednesdays!!!



The Heritage Center has a new big screen television set up with a Wii Sports Package. If you've ever been interested in competing with your grandkids in a *Wii Sports* game like **bowling**, **tennis** or **golf**, we can teach you on **Wednesdays** from **1:00-2:00**. Wii is a great way of staying in shape while playing a fun game on the TV. Drop in and show us what you've got. ♦

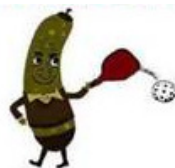
Mexican Train - Thursdays at 12:30



Come in for lunch any **Thursday** and after lunch our volunteer Diane Tucker will be in the craft room to explain the game of *Mexican Train*. Play will begin as soon as lunch is finished (usually around 12:30). It's an easy domino game to learn. Bring a friend or come alone. The game is generally played with 2 to 8 players. Plan on spending a few hours learning this new game, meeting new friends, and enjoying a great way to expand your mind. It's FREE and lots of fun! ♦

Pickleball - Tuesday/Thursday at Park Center

Drop in play at the Park Center in Murray Park every **Tuesday** and **Thursday**, from 9:00 - 11:00. Play is free with a Park Center membership or you can purchase a punch pass for 6 visits at \$25. All equipment is provided. **Pickleball** is the most exciting sport sweeping the country. Part tennis, part badminton, but loads of fun. This racquet sport is played on a 20'x40' court that limits the amount of mobility required to play the game. This is a great way to stay active and in shape. ♦



Cricut Machine

The Center has a Cricut Die-cut machine available for use. Cali and Cindy are here to help you learn how to use this fun machine. Not sure what to make, they can help you with that too. The machine is housed in the activity room and is available to use on **Tuesday** and **Thursday** during the ceramic class.

Cindy will provide instructions on the machine on Thursdays. You will need to bring your supplies such as paper, vinyl, or the glass for an etching project. The cost to use the machine will be \$2 for an hour of use. The small fee will help the Center purchase new blades and cartridges. See Cindy on any Thursday to learn about the machine and then come and give it a try on Tuesdays or Thursdays during ceramics. ♦

Mother's Day Bingo

Come and enjoy flowers and special prizes donated by Memorial Mortuaries on **Friday, May 10** when we wish all mothers a Happy Mother's Day! Bingo begins immediately following lunch at approximately 12:40.

County 8-ball Pool Tournament

Cheer on the Heritage pool players on **Wed., May 8** at EOs Billiards on 4085 W. 4700 S. at 8:30 for the annual 8-ball tournament. If you are interested in playing on the Heritage Team, contact Wayne.

THURSDAY EVENING...THURSDAY EVENING...

Thursday Evening Center open until 10:00 PM

The Center is open until 10:00 PM on Thursday evenings. Enjoy the computer lab, billiard room, exercise room or dance to the music of Tony Summerhays. Scheduled programs listed below:

Evening Social Dance -- Dance to the musical genius of Tony Summerhays each Thursday night from **7:00-10:00 PM**.

Cost of this activity is **\$4 per person**. Refreshments will be served during the break and door prizes will be given each week. Advanced registration is not required. Pay at the door.

Each dance is supported by a sponsoring agency which provides the refreshments and door prizes. March & April our sponsors were: Village Inn Murray, Village Inn Taylorsville, Chuck-A-Rama, Tony Summerhays, Noreen Hanssen, Skip Whitman, Texas Roadhouse, Taylorsville, Cindy Jones & Lynn Norton. ♦



Remote Control Aircraft Club --The Ute Radio Control Association will meet at the Center on **Thursday, May 9 & June 13** at 7:00 PM to share flying stories, display member's aircraft, review upcoming activities, and discuss items related to the club's functions. Those interested in Remote Control Flight of aircraft of any type, pilots of any skill level, please come by. The club meets on the second Thursday of every month. ♦

Weight Watchers - new meeting location May 30

The Heritage Center Weight Watchers meeting will be moving to a newly constructed retail location in Murray, effective Thursday, May 30th. Meeting time will remain the same (5:15 start). Classes will continue in May at the Heritage Center until May 30 when participants will attend the new location. Weight Watchers in Murray will be located at 797 E. Winchester Street (6600 South), directly west of R.C. Willey.

If you have questions, contact Weight Watchers at (801) 486-0125. ♦

VOLUNTEERS...VOLU

Kyle H. Barrick

Volunteer of the Month



The Center would like to say thank you to Kyle H. Barrick, our volunteer of the month.

As an attorney, Kyle focuses on estate and business planning & has generously donated his time to the Center for the last two years. His initial six month commitment in 2011 has carried over thru 2013 and he will continue to provide once a month 20 minute free legal consultations, a program through the Utah State Bar Committee of Law and Aging.

Kyle graduated from the Utah College of Law as a William H. Leary Scholar (Top 20%), is a former Associate Professor at the U of U and member of the Estate Planning and Elder Law of the Utah Bar.

Mr. Barrick has worked in the Tax and Revenue Division of the Utah Attorney General's Office and is an attorney for one of Utah's oldest estate planning firms. Kyle started his own firm in 2002 and has prepared thousands of estate plans for his clients. He volunteers with the Wills for Heroes which provides free basic estate planning documents to first responders.

Kyle is married with two boys, 13 and 5, loves to golf, ski, and spend time boating with his family.

We will honor Kyle **Wednesday, June 19** with our thanks to him for his knowledge, care, and understanding. ♦

SERVICES...SERVICES...SERVICES...SERVICES...SERVICES...SERVICES

Fridays, 11:45-3:45

Massage Therapy

Massage Therapy continues on **Fridays from 11:45-3:45**. Appointments are required and can be made up to four weeks ahead of time. The cost is \$9 for fifteen minutes, \$18 for a half hour, and \$36 for an hour. Payment is due when you make the appointment. If you cannot make your scheduled appointment time, cancellations must be made 24 hours in advance for a refund.

Thelma L. Baker is a licensed massage therapist specializing in therapeutic massages. You can choose from a hand massage, a foot massage, a seated neck and back massage, or a full body massage. If you have a more specific request, please ask Thelma. She may be able to accommodate you. ♦

Scholarship Program

In an effort to enable all senior adults access to Center programs, activities, and meals at the Heritage Center regardless of their ability to pay for services, a Heritage Center Scholarship Program is available. The scholarship provides \$70 per month to an individual to help pay for Center activities. The program is made possible by donations.

In order to be eligible for the Scholarship Program, you must prove a financial need and meet certain criteria. Applications are available at the front desk or from the Center Director. ♦

Tuesdays from 9:00-12:00

Barber Shop is Open

The Center offers haircuts for men and women on **Tuesday** mornings from 9 to noon. Cost of this service is \$8. Only haircuts and trims are being offered at this time. The barber is Lisa Kesler who has many years of experience cutting hair.

Haircuts are scheduled by appointment, every 20 minutes, starting at 9:00. Appointments and payment are required in advanced. Cancellations need to be made 24 hours in advance for a refund. ♦

Chuck-A-Rama

20% senior discount cards are available at the front desk for Chuck-A-Rama and cost \$1. Chuck-A-Rama donates the \$1 from each card and last year the Center received over \$900. Thank you Chuck-A-Rama and those who purchase the cards.

Newsletter Subscription

Pick up a newsletter at the front desk (.75¢ donation.) Newsletter Subscriptions are available for \$18 per year and are mailed to your home. Or, view the newsletter online at www.murray.utah.gov (Department-Heritage.)

The newsletter is also emailed to anyone who has a participant card and has given the Center a current email address. ♦

Wednesday, May 8 or June 12

Attorney Consultations

An attorney will be available for free 20 minute legal consultations on **Wednesday, May 8 or June 12** from **11:00-1:00**. Appointments are needed and are made at the front desk.

Senior Center Legal Clinics, are a pro-bono program sponsored by the Utah State Bar Committee of Law and Aging. Volunteer lawyers will consult with you, advise you, or attempt to refer you to other sources of help but they will not attempt to represent you. Bring any documents and forms pertaining to your question. ♦

Hats for the Homeless

Hats for the homeless are always needed. ***The Road Home Shelter is inundated with men, women, and children who are always in need of hats.***

The Center has a bin in the lobby for donated hats. It does not matter whether hats are hand knitted or made on a loom. Thanks to all who have been supporting this project over the years.

Yarn is needed! If you would like to donate yarn for this worthy cause, place it in the bin. The Heritage Center would also like to thank all the people who have already donated hats and yarn. ♦

MISC...MISC...MISC...

Director's Report - Susan Gregory

Tijuana Trip

Last month Heritage volunteers helped me compile hygiene kits for a humanitarian trip I was taking to Tijuana with a group of college students from Utah State University with an organization called Charity Anywhere. Dental students gave out the kits after giving free dental help. The trip was wonderful and I had the opportunity of meeting a family who runs a Senior Center in Tijuana. The facility is called Casa Hogar Agnes Lester and is a nursing home for abused and neglected seniors (they call it a Senior Center in Tijuana.) I took some of the hats made by Heritage Volunteers as well as cleaning supplies for the facility. They loved the hats!

If you'd like to hear about the trip, come on **Friday, May 10** at **11:00** and I'll show my photos and tell you about the great experiences I had in Tijuana living for a week with no hot water (I missed home.) I would also like to see if there would be interest from participants here at the Center in taking on the Agnes Lester facility as a Christmas service project for 2013.

I'm also looking for another group of volunteers to put together 150 hygiene kits for Charity Anywhere to utilize as needed. We will put together the kits on **Friday, May 31** starting at **9:00**. Sign up if you'd like to help with the kits. I'm also in need of 1 gallon zip lock bags to make the kits. You can donate the bags anytime at the front desk. ♦

TRIPS...TRIPS...TRIPS...TRIPS...TRIPS...TRIPS

Utah Festival Opera - in Logan Utah - July 17-19

Join us for a summer trip to Logan to watch presentations of *Joseph and the Amazing Technicolor Dreamcoat*, *Fiddler on the Roof* and a tribute to Irving Berlin.

The Center's bus will depart on **Wednesday, July 17** and return on **Friday, July 19**. Rooms are reserved at the Logan Crystal Inn. **Cost is \$250** (double occupancy) or **\$325** (single occupancy) for transportation, 2 nights lodging, continental breakfast & dinners at the Hotel, community tours, and 3 plays. Seating is limited to 20 participants. You may register for this trip beginning **May 10**. A \$50 deposit is required for each participant to register for the trip or you may pay the entire amount at that time. Full payment for all reservations must be received before Friday, June 7 at 4:00 PM. Travelers may register for themselves and one other person. Credit cards are accepted for in person or phone reservations.

Joseph--Follow Joseph as he is sold into Egypt by his plotting brothers and later reconciles with his family when a famine plagues the land. Told completely in song, Joseph and the Amazing Technicolor Dreamcoat is one of the most celebrated musicals of all time.

Fiddler on the Roof--Tevye lives at a crossroads. His family and Jewish traditions are being challenged by his strong-willed daughters, and the Tsar of Russia has issued an edict to evict Jews from their homes and villages. Winner of 9 Tony Awards and one of the longest running shows on Broadway.

Tribute to Irving Berlin--Enjoy an evening of the best of Irving Berlin, who is widely considered one of the greatest and most prolific songwriters in American history, giving us musical gems such as *Alexander's Ragtime Band*, *White Christmas* and *There's No Business Like Show Business*.

Fathers' Day Car Show

What better way is there to celebrate Fathers than to have a car show. Join us as we cruise along and drool over the vehicles of the past, present and future on **Friday, June 14, 11:00 – 2:00**. Bring your favorite ride and enjoy a \$1 lunch and raffle. Thank you to RC Willey for providing the hot dogs. Registration forms are available starting May 28 and you must register your car by Thursday, June 13. Only seniors 55+ will be eligible for an award. If you don't fit into a category or would just like to display your car for fun, that's all right.

The car show is free and open to the public. Tell your children, grandchildren, and neighbors to drop by and enjoy the cars. Who knows, you might be lucky and catch a glimpse of April's Corvette! ♦



Travel with friends...

CENTER TRIPS



-- EACH PERSON MAY REGISTER FOR HIM/
HER SELF AND NO MORE THAN ONE
OTHER PERSON FOR EACH TRIP --

Thursday, June 20 - 8:30

Wendover

Travel to Wendover on **Thursday, June 20**, and enjoy a day at the Rainbow Casino. A chartered bus has been scheduled for the trip and the **cost is \$17** per person and includes transportation, a bonus package from the casino, a buffet luncheon, and free bingo on the bus. Depart the Center at **8:30 am** and return at approximately **7:00 pm**. You may sign up for this trip now. ♦

Wednesday, May 8 - 10:30

Hale Centre Theatre Backstage Tour

Ever wonder what goes on behind the scenes at Hale Centre Theatre? We are taking a backstage tour into the workings of the Theatre, which is conducted once during each show. Our show is *No Time For Sergeants*. You will visit the stage, rehearsal rooms, costume shop, dressing rooms and other intriguing places. Come, look and learn more about Hale Centre Theatre – and have fun!

The Heritage Center Bus leaves at **10:30 Wednesday, May 8** and we will head to Applebee's for an early lunch before our tour at noon. Lunch is on your own. Cost of the trip is \$3 and you can register beginning April 29.

Thursday, May 30 - 10:00

Natural History Museum - Nature Unleashed

Earthquakes, tornados, hurricanes, volcanic eruptions, tsunamis. These immense geological and meteorological forces shaped our planet and our world. *Nature Unleashed: Inside Natural Disasters* explores the fascinating science behind these powerful natural phenomena and highlights their impacts on human lives. Highly interactive and immersive, this exciting exhibition features displays that go beyond the sensational headlines to explore Earth's most impressive natural events.

The Center bus leaves for the Natural History Museum on **Thursday, May 30 at 10:00**. On the way back we will stop for lunch on your own at Crown Burger. Cost of the trip is \$10 and registration begins May 15.

Tuesday, June 4 - 11:00

Salt Lake Bees

Widely considered one of the most beautiful ballparks in all of minor league baseball, Spring Mobile Ball park is a first class experience. Join us for one of the few afternoon games as the Salt Lake Bees take on the Colorado Springs Sky Sox.

The Bus will leave at 11:00 a.m. for the noon game. Cost of the trip is \$12 and includes your general admission game ticket. Register for this trip beginning May 15.

June 10 - 13

Tuachan Trip Full

The popular Tuachan trip scheduled for June 10-13 is currently full. Those interested can sign up on the waiting list in case of cancellations.

Thursday, June 27 - 1:00

Governor's Mansion

Silver magnate Thomas Kearns started building this palatial home in 1898 sparing no expense to make it as lavish as possible. African and Italian marble and exotic woods from around the world were used extensively throughout. Kearns' widow deeded it to the state in 1937 and the 36-room mansion is now the governor's residence. It suffered a devastating fire just before Christmas 1993, but has been fully restored to its 1902 appearance. Tours are provided by volunteers of the Utah Heritage Foundation.

Our tour will be **Thursday, June 27**. The Center bus leaves at 1:00 p.m. and cost for this trip is \$3. Reservations can be made beginning June 13.



Cedar City Shakespearean Festival Trip scheduled for August 26 - 29.
Watch for information in the June supplement on costs and sign up dates.



No Lunch Reservations Needed!
Drop by for the regular menu
item listed below or choose the
optional salad or sandwich.

MAY 2013

Heritage Center Menu

NO RESERVATIONS NEEDED unless it is a special event
Lunch served at Noon. Purchase tickets from 8:00-12:00 (day of only)
Cost is \$4.00 for persons 55+ Coffee .50

Monday	Tuesday	Wednesday	Thursday	Friday
		RANCH PORK CHOPS Potato Salad, Fruit, Birthday Cake and Ice Cream or Fruit	FISH TACOS Cilantro Salad Tres Leches Cake with Strawberries or Fruit	TERIYAKI TURKEY BURGERS Asian Slaw Brown Sugar Cookies or Fruit
No lunch	CALIFORNIA CLUB SANDWICH Chips, Fruit Citrus Doodle Cookies or Fruit	ITALIAN CHICKEN Roasted Veggie Mac & Cheese Tropical Carrot Cake or Fruit	<i>Advance Ticket</i> MOTHER'S DAY Cucumber, Chicken Salad, or Egg Salad Sandwiches; Spinach Artichoke Phyllo Cups; Stuffed Mushrooms; Scones with Cream and Jam; Lemon Bars; Fruit Skewers; Tea or Herbed Lemonade	POT ROAST Mashed Potatoes and Gravy, Veggies, Lemon Squares or Fruit
No lunch	SPICY PORK AND PEANUT NOODLES Salad Milky Way Brownies or Fruit	CHICKEN BLT Chips, Fruit Banana Pecan Cake or Fruit	SWEDISH MEATBALLS OVER RICE Brussels Sprouts Chocolate Oatmeal Cookie or Fruit	FIESTA LIME CHICKEN Green Salad Cherry Margarita Cake or Fruit
No lunch	CHOPPED CHEF SALAD Focaccia Bread Cool Whip Cookies or Fruit	LEMON DILL SALMON Baked Potato Veggies Grasshopper Cookies or Fruit	HAWAIIAN SWEET ROLL HAM AND CHEESE Sandwich, BLT Salad, Pie or Fruit	MARINATED PORK LOIN Parmesan Potatoes, Glazed Carrots, Praline Cake or Fruit
CENTER CLOSED	CHICKEN CORDON BLEU SANDWICH Spinach Salad Brown Sugar Cake or Fruit	FREE LUNCH <i>Thank You SelectHealth - advance registration needed - Turkey Sandwich, Chips, Fruit, Cookie</i>	HOMEMADE LASAGNA Caesar Salad, Breadstick, Chocolate Chip Banana Cake or Fruit	HONEY LIME GLAZED CHICKEN Rice, Roasted Veggies Pecan Shortbread Bars or Fruit

No Lunch Reservations Needed!
Drop by for the regular menu
item listed below or choose the
optional salad or sandwich.

JUNE 2013

Heritage Center Menu

NO RESERVATIONS NEEDED unless it is a special event
Lunch served at Noon. Purchase tickets from 8:00-12:00 (day of only)
Cost is \$4.00 for persons 55+ Coffee .50

Monday	Tuesday	Wednesday	Thursday	Friday
<div>3</div> <p>No lunch</p>	<div>4</div> <p>HONEY MUSTARD CHICKEN Macaroni Salad Pavlovas or Fruit</p>	<div>5</div> <p>MEATLOAF Mashed Potatoes and Gravy, Green Beans, Birthday Cake and Ice Cream or Fruit</p>	<div>6</div> <p>CHILI CON QUESO PASTA Mexican Corn Salad, Flan or Fruit</p>	<div>7</div> <p>SWEET ONION BBQ CHICKEN SANDWICH Shrimp Salad, Caramel Apple Parfait or Fruit</p>
<div>10</div> <p>No lunch *Family Concert at 7:00 PM. Bring the family, a picnic dinner, and enjoy the FREE entertainment.</p>	<div>11</div> <p>TUNA MELTS Chips, Fruit, Sticky Toffee Pudding Bars or Fruit</p>	<div>12</div> <p>CHICKEN PICCATA Roasted Potatoes, Veggies Frog Eye Salad or Fruit</p>	<div>13</div> <p>BEEF STROGANOFF Egg Noodles, Peas, Ice Cream Sundaes or Fruit</p>	<div>14</div> <p>**FATHER'S DAY CAR SHOW \$1.00 Hot Dog Meal or optional regular Salad/Sandwich meals for \$4 Thank you R.C. Willey</p>
<div>17</div> <p>No lunch</p>	<div>18</div> <p>PORK BARBACOA SALADS with Beans and Rice, Caramel Peach Cobbler or Fruit</p>	<div>19</div> <p>MUFFALETTA SANDWICH Chips, Fruit, Maple Glazed Oatmeal Cookies or Fruit</p>	<div>20</div> <p>CHICKEN AND PEANUT LETTICE WRAPS Tangled Noodle Salad, Heath Blondies or Fruit</p>	<div>21</div> <p>MAHOGANY GLAZED CHICKEN Rice Pilaf, Veggie, Mint Brownie or Fruit</p>
<div>24</div> <p>No lunch</p>	<div>25</div> <p>CHICKEN CAESAR BURGERS Oven Fries, Fruit, Snickers Apple Dessert or Fruit</p>	<div>26</div> <p>COUNTRY FRIED STEAK Mashed Potatoes and Gravy, Peas Oreo Brownie Cookie Bars or Fruit</p>	<div>26</div> <p>BBQ BRISKET Baked Potato Salad, Butterscotch Cheesecake Bar or Fruit</p>	<div>28</div> <p>STEAK FAJITAS Spanish Rice and Beans Tres Leches Cake or Fruit</p>

****Father's Day Car Show - Friday, June 14 - 11:00-2:00**



\$1 Hot Dog Meal available
(Limited Quantity)

